

**Programs for Seniors
at
Parkhurst Place
11 Veterans Road, Amherst, N.H. 03031
(603) 249-1600**

September/October 2005

Parkhurst Place offers classes, workshops, health screenings and occasional day trips for residents of the Souhegan Valley who are 55 years or older. For more information or to register for these programs call Parkhurst Place: 249-1600, Monday. – Wednesday from 9:30 am – 1:00 pm or leave your name & number on the answering machine for a call back.

**New Medicare Part D
Prescription Drug Benefit
Informational Program**

**Monday, September 12th, 2005, 10:30 – 12 noon
Bean Community Room
Kim Hadank, BEAS Program Specialist**

ServiceLink

**Monday, September 12th, 2005, 2:00 – 4:00 pm &
Monday, October 10th, 2005, 2:00 – 4:00 pm
Parkhurst Place Office
Ruth Morgan, Information & Referral Manager**

Art Instruction for Adults

***(In conjunction with Peabody Mill Environmental Center (PMEC))*
6-week session begins Tuesday, September 13th, 2005
Tuesdays, 9:30 am -11:30 am
Upstairs Activity Room
Cost: \$60 for 6-week session**

Beyond the Hearing Aid -- Hearing Assistive Technology

**Wednesday, September 21st, 3:30 pm
Bean Community Room
Joan Marcoux, MA, CRC
Hearing and Vision Program Specialist,
NH Dept. of Health & Human Services**

Gentle Yoga

***Ongoing classes*
6-week session begins September 22nd, 2005
(Join this class at any time, fee will be pro-rated)
Thursdays, 10:00 – 11:00 am
Bean Community Room
Instructor: Laurie Daley
Cost: \$ 30 for 6-week session**

Meditative Movement -- Information Session**Monday, September 26th, 2005****10:00 – 11:00 am****Bean Community Room****James Allison, CFT, LMT****Meditative Movement -- Information Session****Monday, September 26th, 2005****10:00 – 11:00 am****Bean Community Room****James Allison, CFT, LMT****Blood Pressure Clinic****Tuesday, September 27th, 2005****Tuesday, October 25th, 2005****9:30 am – 10:30 am****Parkhurst Place Office****Provided by *Nurses PRN*****Strength Training****Ongoing Classes****6-week session begins October 4th, 2005*****(Join class at any time, fee will be pro-rated)*****Tuesdays and Fridays, 10:30 – 11:15 am****Bean Community Room****Cost: \$ 30/ six weeks (2 classes per week)****Instructor: Joanne Leedy, CPT****AARP “55 Alive Driver Safety Program****Monday, October 17th & Wednesday, October 19th, 2005****9:00 am – 1:00 pm*****(There will be a break, with refreshments provided)*****Bean Community Room****Bob Broomfield, AARP Driver Safety Instructor**